# Mind Mapping and Visual Thinking by Sue Marchant [Video Transcript]

This video aims to inspire you to think visually, it will help you to think, understand, learn or study. It will also teach you about mind mapping, mind mapping can help you organise your thoughts and show relationships between ideas.

We can all suffer from information overload.

Mind mapping is a useful technique to organise a large amount of information, as you can see here (example of a mind map shown).

Mind mapping allows us to break down the key words in a question. If we take the question ‘society today is totally different from the society in the 1900s’, we could start with the word in the centre and then look for the themes. One theme may well be ‘the health of the nation’, we may look also perhaps at how people are employed, how they spend their time with their families and the political framework in which all of this is taking place. I could add also education and perhaps transport. This gives us an idea of some of the issues that we would be considering and to move us forward maybe we could pick four of those to develop an argument. (The beginning of a mind map is drawn whist this is spoken).

This mind map produced by students displays their ideas and how they’ve organised them to show relationships. By identifying the five most significant events in Lola’s story a flow chart of Lola’s journey can be seen.

To recap, mind mapping is useful for organising large amounts of information, to take key words and ideas and break them down and to look for relationships between these ideas. This will help you recall and improve your visual memory.

To conclude: Either love it or hate it mind mapping is good for you.

Thank you for listening.